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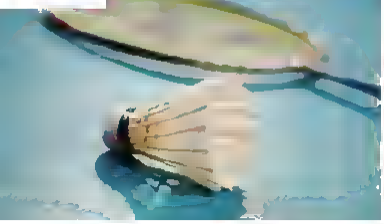

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thenewhammag

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From Upton Park to Olympic Park

Mark Noble on West Ham United's move to the Olympic Stadium (p20)

STRATFORD EAST .com THEATRE ROYAL STRATFORD EAST

...a people's theatre

CAMPAIGN FOR JOAN LITTLEWOOD SCULPTURE

Theatre Royal Stratford East with the support of Mayor Sir Robin Wales and Newham Council have launched a public appeal to raise money for a sculpture to remember the legendary theatre director Joan Littlewood.

Internationally acclaimed artist Philip Jackson has been commissioned to create the bronze sculpture, which will be placed in Theatre Square, Stratford. His recent works include the *National Memorial Sculpture to HM Queen Elizabeth, the Queen Mother* in The Mall, London; *The Bomber Command Memorial Sculpture* in Green Park, London and the *Champions* sculpture of Bobby Moore at Upton Park.

"Joan Littlewood brought theatre to the people of Newham and revolutionised the international theatre landscape with her bold and powerful productions. She was an inspiration to many and we want to recognise the significance of her impact and build upon her success to inspire future generations both across the borough and at a national level.

"We're delighted to have raised more than 50% of the funds required to commemorate her with a sculpture in Theatre Square in Stratford and are asking local residents to play a part. Any donation, no matter how small, makes a huge difference, so please support the campaign today."

Kerry Michael,
Artistic Director, Theatre Royal Stratford East

Closing soon – please donate now at
JOANLITTLEWOOD.COM

NO DONATION TOO SMALL!

Any donation, no matter how small, makes a huge difference, so whether it's £1 or £100, please support the campaign today.

the newham mag

Newham's last big show of the summer – the Waterfront Festival – is almost upon us (p12). This year it will be better than ever and a truly amazing fireworks finale is planned.

We also take a look at what makes Newham schools special (p10) and hear from West Ham United's Mark Noble (p20).

There's some stunning community news in Our Newham (p22), the chance for young people to stand as Young Mayor (p19) and five pages of events and activities for you to try out in What's On (p26).

Cllr Clive Furness
Executive member for health and adults commissioning

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Look out for the next issue from 27 September 2013

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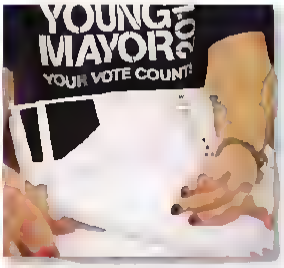

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Newham London

Find us online at www.newham.gov.uk/mag
For information on all Newham Council services visit www.newham.gov.uk

Change a child's life

If you've ever considered fostering or adoption you can find out more at a special event

A fostering and adoption information evening will be held on Wednesday 18 September, from 4 8pm, at St John's Church, Broadway Stratford, E15

Go along to discover how you could change a child's future through fostering or adoption If you cannot attend but would like more information call freephone 0800 0130 393 or visit www.newham.gov.uk/fostering

Meters to change

Energy company EDF and UK Power Networks have informed Newham Council that from 1 January 2014 they will stop maintaining the CYCLO system that currently supplies about 450 council homes with heating and hot water

This means that after this time, if the system stops working it will not be repaired If you have a CYCLO meter in your home, the council will arrange for this to be removed free of charge Affected residents will be contacted by letter To make a removal appointment call Newham Council on 020 3373 9401

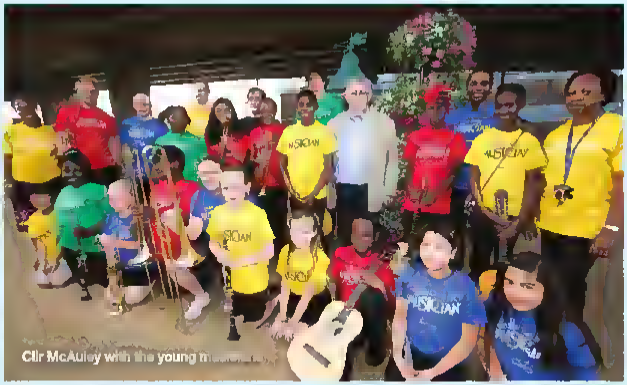
Council Tax Reduction Scheme consultation

Newham Council wants to hear your views on proposed changes to Newham's Council Tax Reduction (CTR) scheme

The council is proposing from 1 April 2014 to allow students who live with non student adults to apply for Council Tax Reduction and also increase the allowances in the scheme in line with the Department of Work and Pensions allowances

To take part visit www.newham.gov.uk/CTR or call 020 3373 1259

Young musicians take the stand



Cllr McAuley with the young m...

Members of the Every Child a Musician programme got Newham's newest venue swinging in the latest summer celebration

They played a special concert for more than 200 people on the A13 Green under the flyover at Canning Town, which has been built as part of a Newham Council project to create summer entertainment venues

The space, complete with bandstand, is hosting a programme of music, fun and games every Friday until 20 September

Councillor Conor McAuley, executive member for regeneration, said: "The youngsters did brilliantly, especially considering it's a really unusual place to give a concert Everyone here has helped make this into a great new community space and celebrated in style." To find out more about the A13 Green visit **www.newham.com/summer**

Switch on to energy scheme

Newham Council has joined an energy saving scheme that could bring residents cheaper bills

The council, together with 22 other London boroughs, has signed up to the Big London Energy Switch to get a better deal on gas and electricity bills

The scheme brings together a number of people who want to switch energy providers into one 'auction'. Energy providers then bid for their business. The more people that join the collective scheme, the better the deal everybody is likely to get.

Anyone who pays a household energy bill can find out more about the scheme by visiting **www.biglondonenergyswitch.org.uk** before Wednesday 16 October If you do not have internet access you can call the council's switching enquiry line on 020 3373 4892

Future Paralympic stars pitch in

Two top disabled athletes have given their support to promising Newham youngsters.

England cerebral palsy footballer Emyle Rudder and wheelchair rugby ace Bulbul Hussain put disabled sports stars through their paces.

Cllr Desai joins the sporting talent and coaches

The coaching session was held by West Ham United Community Sports Trust in Beckton to show the club's support for disabled sport and also mark the one year anniversary of the Paralympic Games.

Newham councillor and Community Sports Trust trustee Unmesh Desai said: "It was an excellent Paralympic Games and we have to keep that spirit alive. Events like this sports day are a part of the Paralympic legacy and show what we as a community are about."

Rogue landlords under pressure

More than 1,200 enforcement visits have been carried out by Newham Council as part of its bid to tackle rogue landlords.

Newham is the first council in the country to licence all private rented properties. The trail-blazing scheme came into force in February.

Figures now released show that since enforcement began, 1,200 enforcement visits have been undertaken including 63 multi-agency operations to tackle unlicensed properties.

Mayor Sir Robin Wales said: "We want to ensure that private sector rented properties are well managed and meet a good standard."

On the ball for Rugby World Cup

Mayor Sir Robin Wales helped celebrate a milestone in the countdown to Rugby World Cup 2015 (RWC2015) by welcoming the Tournament's official match ball to the Olympic Stadium in Stratford.

Newham Council and the London Legacy Development Corporation, through the E20 Stadium Partnership, have agreed for five matches to be played at the Stadium in Queen Elizabeth Olympic Park in September and October 2015.

Sir Robin was joined by Newham Council chief executive Kim Bromley-Derry and England Rugby 2015 ambassador Will Greenwood in receiving the ball.

Sir Robin said: "Hosting matches during Rugby World Cup 2015 is another marvellous community benefit from our investment in the Stadium."

To keep up to date with RWC2015 information visit **www.rugbyworldcup.com/frontrow**

Sir Robin, Will Greenwood and Ms Bromley-Derry with the ball

Paralympians show the way forward

I hope many of you were among the thousands of people who made it to the National Paralympic Day at Stratford's Queen Elizabeth Olympic Park.

I was inspired to see the 2012 stars back in action at the Copper Box along with the sell-out crowds, it's good to know that a year on the enthusiasm hasn't dimmed.

Last summer, the world took a big step forward in changing perceptions about disability. It's incredible that gold medallists like David Weir are now household names.

> "We have an inclusive approach to disability in Newham and it's something we are very proud of"

We were at the Olympic Park to showcase Newham's achievements and how we are building on the legacy from the Games.

Since 2005, Newham has invested more than £30m into sports facilities and has ensured that these and our clubs are accessible and affordable to all.

Our clubs and other organisations are open and inclusive. They run activities and competitions that inspire and motivate people of all abilities.

We ensure there are regular coaching sessions and competitions in a wide range of sports for disabled young people – football, rugby, boccia, badminton, golf, judo, trampolining, cricket, seated volleyball and table tennis.

All general swim sessions are fully accessible to disabled users, and poolside staff are trained to assist should it be necessary.

And, when conversion work on the Olympic Stadium is finished, we're going to host an annual community disability sports day there.

But it's not just about sport: our volunteer programme is being extended to engage more disabled people to become physically active by providing practical assistance.

Our schools have worked hard to ensure disabled people are able to stay in mainstream education. Our Every Child a Musician programme is inclusive to all our young people. All our regeneration plans have set minimum standards for issues like disabled access.

This shows how far we've come but we have to build on the progress because the battle against discrimination isn't over. We have an inclusive approach to disability in Newham and it's something we are very proud of.

L-r: Cllr Richard Crawford, Newham Council chief executive Kim Bromley-Derry and Sir Robin with members of the British Paralympic Association

Mayor's view

Still some festival spirit remaining

The kids may be back at school but it doesn't mean the summer's over as there are still free events going on across the borough.

I've been out at a host of community events that have done a brilliant job of bringing everyone together. I had a great time meeting everyone at the Green Street and Manor Park summer festivals, which had everything from Russian dancing to great food and things to keep the young ones entertained.

Community spirit cannot be manufactured and these kind of events take a lot of hard work, so thank you to all of you for getting involved in running them.

Still to come we have the Plaistow Summer Festival in Plaistow Park on Saturday 21 September, and on the same day we have the Newham London Waterfront Festival at the Royal Victoria Dock. I hope you can make it.

To find out more about the Waterfront Festival, see page 12.

Sir Robin and councillors with residents at the Green Street Summer Festival

Learning a lesson from the young

With pupils from Forest Gate School

Now that the schools are back I am looking forward to getting round to meeting as many young people as I can. But I hope they all don't give me as tough a grilling as the Year 7 pupils from Forest Gate Community School, who I met just before the summer break.

The meeting came about after they sent me some amazing letters about a whole host of community issues such as more English classes for adults, stopping anti-social behaviour and more activity clubs.

I am very proud of Newham's young people. It is a joy to see them carrying instruments to school as they learn to play under our Every Child a Musician programme. I hope more pupils invite me to talk about issues that matter to them. They have a massive part to play in making Newham a good place to live and grow up in. Drop me a line at **mayor@newham.gov.uk** to invite me to your school, college or event.

with Sir Robin Wales

Newham London

ROYAL VICTORIA BEACH

ROYAL VICTORIA DOCK, E16
6 JULY - 21 SEPTEMBER

FREE ACTIVITIES EVERY SATUROAY FROM
27 JULY - 21 SEPTEMBER, 12NOON-8PM.

PERFORMANCES ▪ WORKSHOPS ▪ GAMES ▪ STALLS ▪ CRAFTS ▪ MUSIC

FOR MORE INFORMATION ANO TO FINO OUT NOW YOU CAN GET INYOLYEO VISIT WWW.NEWNAM.COM/SUMMER

THE BRICK BOX

Mayor of Newham

Newham London

A13 GREEN

BARKING ROAO, CANNING TOWN, E16
26 JULY - 20 SEPTEMBER

THIS SUMMER THE SPACE UNDERNEATH THE A13 FLYOVER IN CANNING TOWN WILL BE TRANSFORMED INTO AN URBAN VILLAGE GREEN.

FREE ACTIVITIES ON THE GREEN EVERY FRIDAY EVENING FROM 26 JULY - 20 SEPTEMBER, 6-10PM.

THEATRE ▪ DANCE ▪ MUSIC ▪ WORKSHOPS
GAMES ▪ CRAFT ▪ INSTALLATIONS

FOR MORE INFORMATION AND TO FIND OUT HOW YOU CAN GET INVOLVED VISIT WWW.NEWHAM.COM/SUMMER

THE BRICK BOX

Mayor of Newham

Badminton in the Box

One of the world's biggest badminton events, the London Grand Prix Gold 2013, is coming to the Copper Box in Queen Elizabeth Olympic Park this October.

If you watched the badminton during the Olympics you will know that it is a fast, energetic sport requiring speed, agility and accuracy

The London Grand Prix, in partnership with Adidas, plans to take this sport to another level and showcase badminton in a way that hasn't been seen before

The event sees international talent returning to London, with world ranking points up for grabs

Six-time national champion, Rajiv Ouseph, expressed his excitement about the tournament. He said, "I am really looking forward to the London Grand Prix as it will be the first badminton event held in London since the Olympic Games last year and playing in front of a home crowd is always a great atmosphere."

The London Grand Prix takes place at the Copper Box Arena from Tuesday 1 to Sunday 6 October. Current badminton fans as well as a new wave of sports fans who appreciate world-class sporting entertainment will love this event.

Win finals day tickets

To be in with a chance of winning one of four pairs of tickets to the finals or semi finals of the London Grand Prix answer the following question:

Q: How many days is the London Grand Prix on for?

To enter, email your answer, your name, address and phone number to **newham.mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London E16 2QU by Friday 20 September, stating which tickets you would prefer.

Resident discount

Use the promo code: NEWHAM to get 20 per cent off on all days of the Championship and across most ticket types. A group discount will also apply so you could get 30 per cent off in total. All tickets are subject to availability, administration and fulfilment fees.

For further information or to purchase tickets for the London Grand Prix, visit www.londongrandprixgold.co.uk or call the box office on 0844 581 4913.

RAISING ASPIRATIONS

With the youngest population in the country, Newham supports young residents with groundbreaking programmes to enhance and support their education and learning. The London 2012 Games have increased the aspirations of our children and young people and we are offering them fantastic opportunities so they can meet and exceed their goals.

Seventy-seven per cent of secondary schools and 86 per cent of primary schools in Newham are rated good or outstanding by Ofsted.

In Newham, we have high aspirations for children. Raising ambition is at the core of our revolutionary Every Newham Child programme, complements and supports the work of our head teachers, teachers, support staff and governors, who have ensured Newham has some of the best performing schools in the country and delivers amazing opportunities for young people.

The innovative scheme has been developed to support young people and their families. Here is a taster of the great opportunities available in Newham's schools.

OPPORTUNITIES FOR EVERY NEWHAM CHILD

Free School Meals for all

Since 2009 all Newham primary school children have enjoyed a free, healthy lunch every day. This helps children to concentrate in school, improving their educational performance. Newham is one of only three boroughs in the country who provide this.

The scheme saves families more than £500 before tax per child. Households in receipt of Tax Credit would need to earn an additional £1,400 per year to pay for school meals for their child.

"Having free school meals for children is great. It helps financially because they are otherwise quite expensive. It's great that the council offers a free lunch to every Newham primary school child."
Marie Frances, parent

Every Child a Musician (ECaM)

Up to 10 000 Newham school children now receive three years of free music tuition. Through ECaM, children have been shown to be healthier, happier and performing better at school. Most recently, ECaM students performed alongside the Royal Philharmonic Orchestra to an audience of almost 10,000 at the Under the Stars concert.

ECaM is the largest free music programme in the country. At the end of 2012 the Institute of Education assessed virtually all ECaM lessons as 'good' or 'excellent' during lesson observations across all instrumental groups.

"My partner and I take it in turns to come and help our daughter read. We used to use our own methods of teaching which were different to what she was being taught at school. I've learned so much myself and can better support my daughter's reading at home."
Mr Adusei, Forest Gate, parent, E7

Newham Reading Guarantee

Reading is an essential life skill and no child should leave school being unable to read. Our phonics-based programme, the biggest of its type in the country, ensures that every Newham child is able to read by age six. It is supported by a number of business partners including Westfield, John Lewis, and Berwin, Leighton & Paisner, as well as parents and community volunteers who provide one-to-one tuition.

Every Child a Sportsperson

Our Every Child a Sportsperson initiative gives every Year 7 child (around 4,500 pupils) the opportunity to participate in a sport that they have not previously experienced. Sports participation enables young people to become more active on a daily basis and develop their personal skills.

Every Child a Theatre Goer

Delivered in partnership with Stratford Circus and Theatre Royal Stratford East, from this autumn, children and young people in Newham primary and secondary schools will have the opportunity to attend a live theatre performance free of charge.

Theatre can aid learning and enhance a love for literature and drama, as well as improve confidence. This programme also aims to inspire young people and promote performing arts, stage craft and wider creative industries.

"We're working with Newham Council to deliver world-class theatre on your doorstep. Drama, dance and music encourage young people to think differently and build confidence and aspiration. We look forward to welcoming thousands of Newham young people through our doors and introducing them to a world of possibilities."
Clare Connor, director, Stratford Circus, E15

Chess in Schools

Newham Council and Chess in Schools and the Communities are teaching children in Newham primary schools to learn chess. This scheme has been a huge success, boosting concentration, maths skills and strategic decision-making. The scheme will be available to schools and in libraries, to join on a rolling basis.

To find out more about our Every Newham Child programmes speak to your child's class teacher or visit www.newham.gov.uk/everychild

Big splash
at the Waterfront Festival
Get down to Royal Victoria Dock, E16, on Saturday 21 September, 12noon-8pm, for a FREE day of watersports and golden sand. Come and enjoy a top-deck programme of live music and one of the biggest fireworks displays that we have ever put on.

Live music stage

From 12noon–7.45pm there's an incredible programme of live music and DJ action on the main stage in front of the Siemens Crystal.

Headlining at 6.20pm is Flash: A Tribute to Queen – Europe's biggest Queen tribute band. Using re-created props and live versions of Queen's hits they have built international acclaim around a classic rock show, that is visual, dynamic and extremely authentic.

You can expect hit after hit – Don't Stop Me Now, We are the Champions, Another One Bites the Dust, We Will Rock You and Bohemian Rhapsody. Chances are they will play them all.

Support comes from the Bikini Beach Band (5pm), so dig out your best Hawaiian shirt and come along. Expect crazy ska/surf renditions of the Kings of Leon's Sex on Fire, Nirvana's Smells Like Teen Spirit, and Sex Pistols' Anarchy in the UK.

Also on the bill are Grupo Lokito (3.40pm) – a fusion of Congolese and Latin musical styles that layers swinging guitars and the intoxicating, sensual rhythms of Havana.

Also, don't miss Trevor Francis, a local talent from BBC TV's The Voice (2.30pm), singer/songwriter Iman Osman (1.40pm), the Stratford East Singers (12.55pm), Newham's Time to Shine talent winner Jasmine Elcock (12.25pm) and a clarinet ensemble from Newham's Every Child a Musician scheme (12.05pm).

On the water

Sailing – free two-hour sessions where you can learn how to sail.

Rowing – free 45 minute sessions learning to row in the London Regatta Centre's lakeboats.

Wakeboarding – try this exciting sport at a discounted rate of £10 per hour.

Paddle boarding – a favourite with Hollywood celebrities, a surfboard with a paddle. Try it at a discounted rate of £10 per hour.

Jet-Lev demonstrations – watch the thrilling demonstrations of these water powered jet-packs every hour, on the hour.

The Silver Queen – 25 minute pleasure boat tours on a little ship that is a piece of history. It once ferried troops back from Dunkirk and in 2012 was part of the Diamond Jubilee Pageant.

Historical walks

The Royal Docks are steeped in history and you can find out all about this fascinating area on one of our free 45 minute walking tours with writer and historian Kathy Chater.

Children's entertainment

There's no shortage of nautical children's entertainment. From knot tying to animal encounters, there are free events and activities for everyone.

The Crystal

Find out how to go green at the iconic Siemens Crystal.

Waterfront food

A wide variety of food stalls from Mexican tortilla wraps to curries and a BBQ. There's also the fabulous Oiler Bar where you can re-fuel before the finale.

Fireworks finale, 7.45pm

This year's spectacular fireworks display has been organised for Newham by internationally acclaimed pyrotechnic experts Pains Fireworks.

Pains Fireworks have been in London for more than 400 years and have been creating public displays since 1806. No other company in the world has their expertise and flair for creating stunning displays over water.

This year will be the Waterfront Festival's biggest fireworks display. Set to classical music, a digital firing system will weave together threads of colour, form and movement with split second timing, into a dramatic tapestry of light and explosive force.

Rules on the water

- **No jeans**
- **No hoodies**
- **Flat shoes must be worn**
- **Expect to get wet**
- **Parental consent must be given for under 16s to take part in any water-based activity.**

Most activities are first come, first served so come early to avoid disappointment. Under-11s cannot take part in any on-the-water activities apart from The Silver Queen.

Nearest DLR is Royal Victoria. Buses 147 and 241.

All programming is subject to change

Newham London

Fostering and Adoption

If you are interested in fostering or adoption, come along to our **Fostering and Adoption Information Evening.**

This event will provide you with insight on how you can change a child's future through fostering or adoption.

Date: Wednesday 18 September

Time: 4-8pm

Venue: St John's Church
Broadway,
Stratford, E15 1NG

Freephone: 0800 0130 393

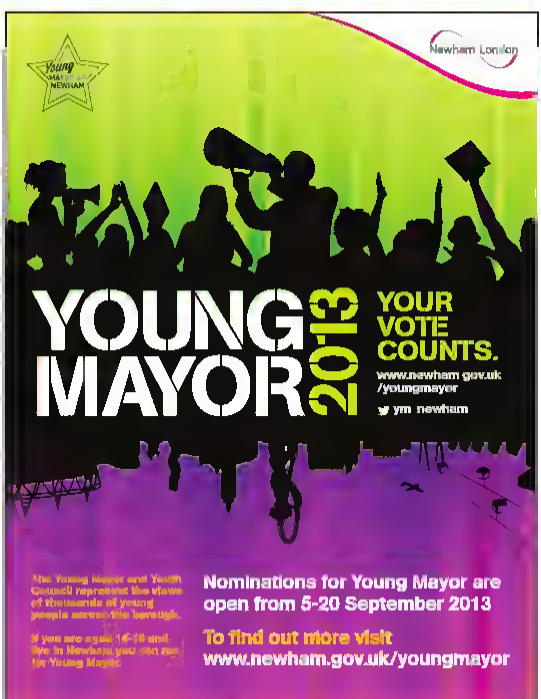
Newham London

Let's Get the Party Started

Holding a community event is the perfect way to bring the whole community together and the council could support you with funding of up to £250 – in exceptional cases it may be more – through our Let's Get the Party Started Grants.

You can organise any type of celebration anywhere in the borough

To find out more call 020 3373 6019
or visit: www.newham.gov.uk/party



Newham children to receive flu vaccination – and it's not an injection

Flu is a highly infectious illness with symptoms that come on very quickly and, in extreme cases, can threaten life. To make sure your child is safe from flu, East London NHS Foundation Trust and the Department of Health have launched a national immunisation programme.

All Newham primary school children, from reception year up to Year 6, are being offered a new nasal flu vaccine called Fluenz. GPs will also be inviting all two to three-year-old children to have the vaccine.

The vaccination will be given by a nasal spray, does not involve an injection and will be given during school time. The vaccine will only be given with parental consent. Schools will be writing to parents and guardians over the coming weeks with more information.

As well as being painless, the vaccine protects children, is safe and effective and helps prevent the spread of flu to other members of the family.

Adult vaccinations

Guidance from Public Health England says even if you feel healthy, you should have the free flu vaccination if you are aged over 65, pregnant or if you have any of the following, irrespective of age:

- **a heart problem**
- **a chest complaint or breathing difficulties, including asthma, bronchitis or emphysema**
- **a kidney disease**
- **lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)**
- **liver disease**
- **had a stroke or a transient ischaemic attack (TIA)**
- **diabetes**
- **a neurological condition, for example multiple sclerosis (MS) or cerebral palsy**
- **a problem with your spleen, for example sickle cell disease.**

You should also consider having the vaccination if you are:

- **living in a residential or nursing home**
- **the main carer of an older or disabled person**
- **a household contact of an person with low immunity**
- **a front line health or social care worker.**

For more information speak to your GP, practice nurse or visit nhs.uk/winterhealth

Newham in pictures

1 Fair game at West Ham United Community Sports Trust s summer sporting events **2** Blown away by emerging talent Every Child a Musician students play at the A13 Green in Canning Town **3** A new rhythm at the Music for All event at the Community Resource Centre, Chargeable Lane E13 **4** Free wheeling at the National Paralympic Day at Queen Elizabeth Olympic Park, Stratford marking one year since the 2012 Paralympic Games **5** Keeping cool in the soaring sunshine at the Green Street Summer Festival

Starting school

Newham London

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer.

Pick up a copy of the autumn 2013 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school.

Apply online to apply on time.

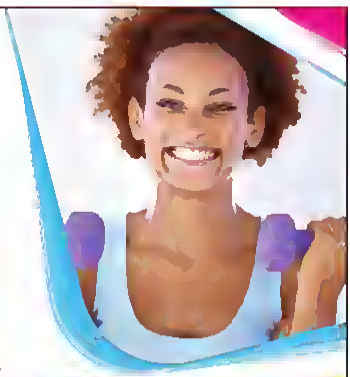
www.eadmissions.org.uk

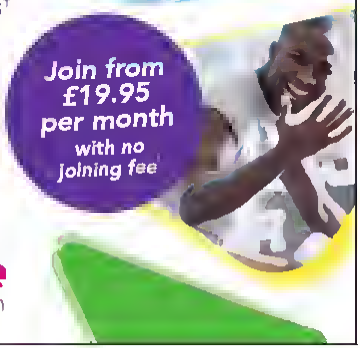
YOUR FITNESS, YOUR WAY

***activeNewham leisure centres have everything you need to* KEEP FIT THIS AUTUMN!**

With our gym and sports facilities, swimming pools and wide range of fitness classes, we're sure you'll find something to suit you, all with the support of our friendly fitness team.

Get started by visiting one of our leisure centres, call **0844 414 2728**† or visit us online at **www.activeNewham.org.uk**





BALAAM LEISURE CENTRE
14 Balaam Street
Plaistow E13 8AQ

EAST HAM LEISURE CENTRE
324 Barking Road,
East Ham E6 2RT

NEWHAM LEISURE CENTRE
281 Prince Regent Lane
Plaistow E13 8SD

*No joining fee applies to certain membership categories and is subject to availability.
†Local charges apply from a BT landline but charges from other networks may vary.

In partnership with Newham London

active newham

BE THE CHANGE,
STAND FOR YOUNG MAYOR

If you could do one thing to improve the lives of Newham's young people what would it be? From activities to employment, education to entertainment, whatever your ideas, bring them to life by standing as a candidate to be Newham's Young Mayor.

Every year young people aged 14 to 18 are invited to apply for the position of Newham's Young Mayor. The nomination period is now under way.

Departing Young Mayor Rebekah Dike said: "Being Young Mayor has been a brilliant experience. It has allowed me to make a positive change to the lives of Newham's young people. If you'd like to have the chance to do the same I would encourage you to apply."

How to apply – Young Mayor

To stand for Young Mayor you need to apply online. The form takes around 15 minutes to complete and you will need to collect 50 signatures of support from other young people. You will also need to compile a manifesto to support your application, so start thinking about what you think matters to young people in Newham.

Each secondary school, college or sixth form in Newham can put forward two candidates who will campaign in the boroughwide election for the coveted role.

In order to stand, your teacher must support your application so ensure you get their approval before applying.

All candidates who go forward and stand for Young Mayor will automatically be offered a place on the Youth Council.

How to apply - Youth Council

If you're unsure you want to stand for Young Mayor, nominations to become a youth councillor open in early October. More details will be available online and on Twitter.

Visit **www.newham.gov.uk/youngmayor** to find out more or follow the campaign on Twitter **@ym_newham**

Dates for your diary

Nominations close:
Friday 20 September

Candidate training days:
Monday 23 September, 4-6pm
Tuesday 1 October, 4-6pm
Saturday 5 October, 10am-4pm

Election campaign period:
7 to 22 October

Election: Wednesday *23 October*

Count end result:
Thursday *24 October*

Mark Noble kicks off

This summer West Ham United midfielder Mark Noble became the first West Ham player to kick a ball in the Olympic Stadium, and the last to do so before its conversion into West Ham's permanent home.

Mark was born in Canning Town and is the longest serving player in the Hammers' squad. We spoke to him about what it means to grow up in the area and play for the team he supported as a child

What was it like growing up in Canning Town?
It was a close-knit community. You knew your neighbours and all the kids in your street either went to your school or another one just down the road. We were always on our bikes or playing football with our mates after school.

Which school did you go to?
I went to Royal Docks Community School, Custom House. I have a lot of good memories from my time there and I try to go back and visit whenever I can. I opened a new sports facility there a couple of years ago.

What are your earliest memories of watching West Ham as a boy?
I can't remember my exact age but I was taken over to West Ham by my dad. I just remember the atmosphere and I loved football so to go and watch the team I support was great.

What was your first game at West Ham like?
Very exciting. I made my debut in a reserve game in 2003. I was 15 and the youngest player to appear for the reserve team. I travelled on the bus to get there and went home on the bus as well.

What do you think of the changes the 2012 Games have brought to Newham?
What the Olympic Games brought to the area is fantastic. All the new jobs created and the area getting that bit of help to make everything nicer and create a positive atmosphere.

The area always had good people in it, a good community that stuck together. Now there will be opportunities to enjoy new facilities and help the area to continue to grow.

What do you think about the prospect of playing at the Olympic Stadium?
I can't wait. It is a great thing for our club to be moving there. It will be sad to leave the Boleyn Ground, but the club has to move on and there's nothing better than to move to a fantastic arena like the Olympic Stadium. It's closer to where the club was based originally and we are excited that it will be our new home.

How important is it that West Ham is in the Olympic Stadium?
It is very important. This is where the club originates, the core of our support is here and we are staying in our patch.

Also, it means that this fantastic Olympic Stadium will be available for everyone in the local area to use. Not only for football. There will be plenty of other ways that people can enjoy what is on their doorstep.

Did you enjoy being the first player to kick a ball there?
It was a privilege to be the first West Ham United player to kick a football in the Olympic Stadium and as a life-long West Ham fan, it was great fun filming the video and all of that around it. I really enjoyed it.

(Scan the QR code to see the video)

Get involved

From October, as part of the Premier League 4 Sport campaign for 14 to 25-year-olds, West Ham United Community Sports Trust will be organising more than 20 sports sessions a week including: football, handball, volleyball, table tennis, badminton, judo and basketball. These will be at the University of East London SportsDock, local schools and colleges.

To register your interest or for more information call Shamajul Motin on 020 7437 7720, email SMotin@westhamunited.co.uk or visit www.community.whufc.com

Local lad gets gold

Viroshan Gnanapandithan, 14, of Manor Park's Gurumu Taekwondo club, took a gold medal at the European Cadet Championships in Romania. His victory ensured that Team GB returned with its best ever haul of medals from a European championship.

Viroshan won all five of his fights and finished in style with a knockout in the final.

At the end of September, Britain's junior squad will travel to Portugal to compete at the 2013 European Junior Championships with Gurumu Taekwondo members Thangaes Nithiraj and Leighann Lewis. To keep up-to-date with results visit **www.facebook.com** and search for **Gurumu Taekwondo**

If you are interested in learning taekwondo call Gurumu Taekwondo on **07931 709 140**

Bag free books

Bookworms should wiggle their way down to the Stratford Books for Free Centre for some free reads

Every time you visit the store, which is opposite Sports Direct in the Stratford Shopping Centre, E15, you can walk away with three books. Booklovers can find a wide range of reads from crime fiction to children's books.

The shop is run by Healthy Planet, a charity that wants to inspire the world by giving away books that would otherwise end up in landfill.

The shop is open three to five times a week. If you're interested in volunteering there call **07903 238 596**

An art filled autumn

Red Door Studios, Masterman Road, E6, invite you to their autumn events.

If you want to make money from your creativity sign up for a workshop which will show you how. The workshop takes place from 10am-5pm on Saturday 21 September and costs £30/£25 cones. A creative networking event will be held at 6pm. Cost is £5, or free to anyone attending the workshop, and includes a drink.

Visit the craft fair on Sunday 22 September and discover handmade jewellery, cakes and knitted clothes from 11am-5pm. Entry is free. Tables for sellers cost £5. Email **reddoorstudios@ymail.com**

From Wednesday 25 to Friday 27 September enjoy an exhibition by Samuel Wilson, 91, who creates mandala art (pictured). On Thursday 26 September there's an evening event with live music. The exhibition is open from 1-6pm Wednesday and Friday, and 1-8pm on Thursday.

Red Door Studios is on Masterman Road, at the rear of 120 High Street South, E6 For more information call **07515 378 548**, email **reddoorstudios@ymail.com** or visit **www.reddoorstudios.co.uk**

Ginger Baker live

Rock legend Ginger Baker is coming to Stratford Circus.

Perhaps best known for playing with Eric Clapton and Jack Bruce in Cream, Ginger is also an influential jazz drummer who was key to bringing African artists like Fela Kuti to a wider audience.

Ginger Baker's Jazz Confusion will be at Stratford Circus, Theatre Square, E15, on Friday 20 September at 7.30pm. Ghanaian percussionist Abass Dodoo and bass player Mike Mondesir will help Ginger create a perfect powerhouse of rhythms. Fronting the quartet will be the legendary Pee Wee Ellis – the man who put the sax in James Brown's Sax Machine.

Advance standing tickets are £18 each. On-the-door or seated tickets are £20. To book call **0844 357 2625** or visit **www.stratford-circus.com**

The Big Collection

Diabetes UK is organising a Big Collection at the Gallions Reach Tesco, E6, between Friday 4 and Sunday 6 October. The charity is raising money to help prevent diabetes and support people living with diabetes.

Diabetes is a condition that occurs when your body cannot produce enough insulin to regulate blood sugar levels. Almost 20,000 people in Newham have diabetes.

Diabetes UK is also looking for volunteers to help with the Big Collection. Volunteers can choose from a variety of three-hour shifts. If you are interested in volunteering call **020 7424 1000** or email **bigcollection@diabetes.org.uk**

A splash hit

Hundreds of young Newham residents took part in free watersports taster sessions at the London Regatta Centre, Royal Albert Dock, this summer.

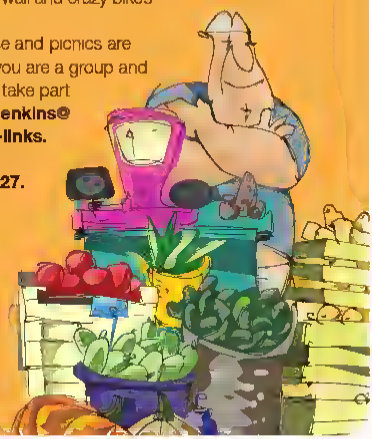
The Newham Council funded free sessions gave young people the chance to try rowing, sailing, canoeing, kayaking and bell boating. You can also try some of these activities at the free Waterfront Festival (see p26). The Regatta Centre is also beginning a Newham schools programme to boost participation in watersports in the borough. For more information visit **www.londonyouthrowing.com**

A celebration of food

A tasty festival to celebrate all aspects of food, from growing it to cooking it, is being held at Newham City Farm, Stansfeld Road, E6. On Sunday 22 September, from 12noon-4pm there will be:

- cooking demonstrations and competitions
- a farmers market
- a craft market
- gardening – with workshops and competitions
- fitness – health MOTs and workshops
- entertainment – including arts, crafts, games, a climbing wall and crazy bikes

Entry is free and picnics are welcome. If you are a group and would like to take part email **kevin.jenkins@community-links.org** or call **07860 487 727.**



Kids' Corner

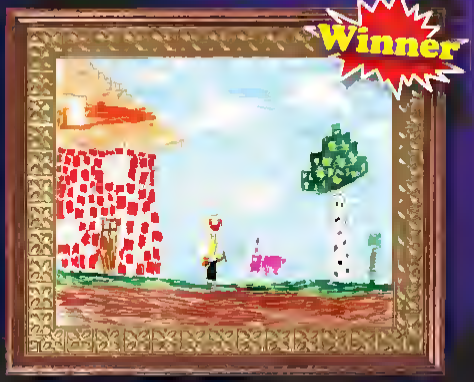
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Samuel Dobrev, 7

Siddique Chowdhury, 9



Kasper Kubiak, 8

Usman Nasfer Mohamed, 8

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Poem

The pain of being me

The pain you could never imagine,
Hard to cope with, I'm just starting.
Enormous rivers of tears everyday.

Pain is not something you want to feel
day after day,
Always asking people on the street
for money,
I wish my life could be as sweet as honey,
No, that could never happen.

Oh how I wish my life could be as good
as heaven.
Fasting is what I do everyday of my
life, dude.

Because I can't afford food.
Every day people make fun of me,
they get rude,
I just want one thing,
Not to be as poor as a peasant but as
rich as a king,
Going to school and living in a house
is what I want.

Me and my family for those things are
going on a hunt.
Everybody understand the pain
of being me!

Nazeem Ielem, 11

Colour-me-in Wordsearch

V	A	M	P	I	R	E	M	S	C	P	R	Y	L	T	N	T	Z	T	W
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Bats
Cloak
Dracula
Fancy Dress
Fangs
Garlic
Stake
Sunlight
Superstition
Teeth
Twilight
Vampire

WHAT'S ON? 13 – 27 SEP

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

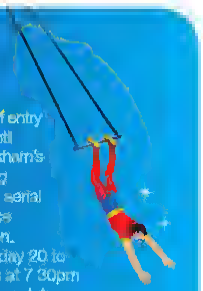
OUR THRILLING THREE...

1. **Autumn Ambles** – free led walks in Newham and across London Saturday 28 and Sunday 29 September Visit **www.walk4life.info** for full details

2. **Sewing and needlecraft** – Wednesdays, 10am-12noon Royal Docks Learning and Activity Centre Albert Road, E16 Learn knitting crocheting, sewing and all types of needlecraft £1 per session Email **women@rdlac.org.uk**

3. **East London Wheelchair Dance Club** Alternate Fridays from 20 September at Durning Hall, Earlham Grove E7 from 5.15-6.15pm Email **info@folkinmotion.co.uk**

MENTION THE MAG...



Stratford Circus is offering £2 off the price of entry to the stunning new acrobatic show Not Until We Are Lost by aerial theatre company Ockham's Razor, when you mention the *Newham Mag*

This innovative performance unfolds in aerial sculptures above and around the audience positioning them in the centre of the action.

Not Until We Are Lost runs from Thursday 20 to Saturday 28 September, with daily shows at 7.30pm and an additional performance on Saturday at 4pm. Tickets cost between £8 and £12. The discount offer is limited to the first 20 tickets, while available. To book call the box office on **0844 357 2625** or visit **www.stratford-circus.com** and enter the promo code, *newhammag*

TRY SOMETHING NEW... HARVEST FESTIVAL

Abbey Gardens is holding its annual harvest festival on Saturday 28 September from 1-4pm. Entry is free

There will be a food-focused garden tour, cake and chutney competitions, food by Vegan Peasant, a quiz, the Abbey Gardens tea ceremony, as well as the ever popular tea and cake stall and more

Cake and chutney competition entries should be prepared in advance and brought to the garden on the day at Abbey Gardens, Bakers Row, E15, next to Abbey Road DLR station. For more information visit **www.abbeygardens.org** email **mail@abbeygardens.org** or call **07725 946599**

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Entertainment every Mon, 8pm Theatre Royal, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy_night

COMMUNITY LEARNING

Go it Online
Basic computer sessions at local libraries. You must book in advance
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Canning Town, The Gate and Manor Park
Fri, 2-4pm, East Ham

Knit & Netter
Craft group for adults, at local libraries
Fri, 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (19+yrs)
Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12. Call 07943 887 612 or 07507 173 272

UNDER-FIVES LIBRARY ACTIVITIES

Imaginative Play
Fri, 11am-12noon, East Ham

Interactive Storytelling
Fri 10-11.30am, East Ham

Creepy Tales Club
Mon, 11am-12noon, Beckton Globe, North Woolwich
Tues, 11am-12noon, Custom House, Stratford The Gate

Thurs, 10 30-11 30am, Canning Town
Thurs 2 3pm North Woolwich
Fri, 10 30-11 30am East Ham, 11am-12noon Stratford, Green Street and Manor Park

Toy Library
Tues, 10am-12noon East Ham

Storytelling
Mon 11am-12noon Beckton Globe Canning Town, Stratford
Tues 11am-12noon, Custom House, Forest Gate
Thurs 2-3pm North Woolwich, Plaistow
Fri 11am-12noon, Green Street, Manor Park, Stratford

Homework Club
Mon, 4-6pm Stratford East Ham North Woolwich
Wed 3 30-5 30pm, Green Street, Manor Park
Thurs 4-6pm Custom House Forest Gate Plaistow
Fri, 3 30-5 30pm, Beckton, Canning Town

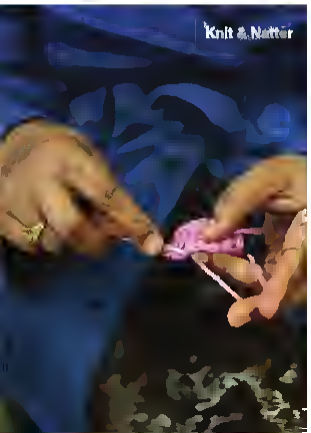
ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Over-50s Club
Thurs, 10am-12noon, Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club
Learn and play chess for free at your local library



Thurs, 5 30-7 30pm, Stratford

EXTRA ACTIVITIES

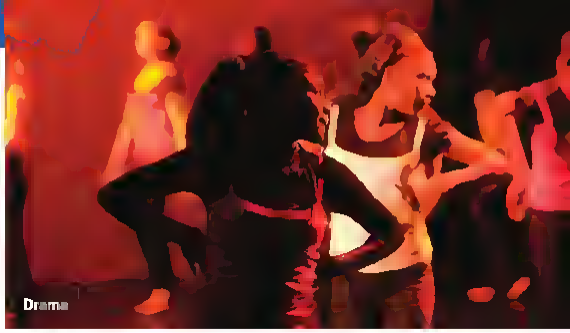
Hub Art Classes
From 12 Sept
7-12yrs Thurs 4-6pm
Adults. Thurs 2-4pm
The Hub, 123 Star Lane, E16
Call 020 7473 5249

LGBT Community Group
For 50+yrs Snacks and refreshments provided
Every third Tues of each month
4-6pm, Community Resource Centre, 200 Chargeable Lane E13 Call 020 7239 0447

Royal Docks Learning & Activity Centre
Mon, Employment Support sessions by appointment only
Tues Bingo, 10am-12noon
Healthy Cooking Group 10am-12noon
Parent and toddler group, free, 10am-12noon
Over-50s computer classes 11am-1pm
Weds, Mother and Toddler group, free, 9 30-11am
Coffee Morning free 9 30-11am
Learn to Earn – Employment Support Drop-in, free, 10am-2pm
Sewing Classes, 10am-12noon
Thurs Tai Chi, £2, 10 30am-12noon
Royal Docks Learning & Activity Centre Albert Road, North Woolwich, E16
Call 020 7476 9922

Dirty Hands Project
Grow your own fruit and veg
Open to all First Sat of each month, 10am-2pm, Valetta Grove, (opposite Plaistow Station) E13 Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Table Top Sale
Sell your goods and keep your profits £5 a table – open to all
Last Sat of every month 9am-2pm Jack Cornwell Community Centre, Jack Cornwell Street E12 Call 020 8553 3459



Turn up and trade
Free pitches available for traders Every Sat, 9am-4pm Rathbone Market Barking Road, E16 Email saturdayraffle@gmail.com or galina.doneva@newham.gov.uk or call 07790 945 985

Drama Classes (8-11yrs)
£3 if you book five classes
Every Tuesday, 4 30-6pm The Hub 123 Star Lane call 020 7474 6376

The Courtald Gallery at the Hub
14 Sept-12 Oct
Saturdays, 11am-1pm
The Hub, 123 Star Lane, E15
Call 0207473 5219

BOXING AND SELF DEFENCE

Boxing
Weds, 7pm
West Ham ABC – community boxing, 11-19yrs
Olympic style amateur boxing sessions Hathaway Community Centre
Hathaway Crescent, E12
Mon Wed Fri 5-6pm
West Ham Boys ABC 9+yrs, boys and girls
The Black Lion 59-61 High Street, E13 Call 020 8472 3614
Mon, Wed 6-8pm
Peacock ABC 8+yrs, boys and girls
Caxton Street North, E16
Call 020 7511 3799
Mon, Wed Fri, 6 7 45pm
Newham Boys ABC
6+yrs boys only
Old Bath House 141 Church Street, E15 Call 020 8519 5983

Fight For Peace 11+ boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Omnibus Kids Gloves
Boxing for adults and kids with Tony Cesay
Tues, 6-10pm
Thurs 8pm-12am
Sat and Sun 11am-4pm
Trad TKO Boxing Gym Gillian House Stephenson Street E16
Call 020 7474 3199

Punch Out (16+yrs)
Tues, 5-6pm Katherine Road Community Centre 254 Katherine Road E7
Thurs 8-9pm boxing fitness workout Beckton Community Centre, East Ham Manor Way, E6 Email getactive@newham.gov.uk

Shoujin Karate
Fri, 6-7pm and 7-8pm
Sun, 10-11am Sessions for beginners Under 15s £4, 16+yrs £6 concs £5
Wed (during term time only) 4 30-5 30pm
Newham Shoujin Karate Club Newham Leisure Centre Prince Regent Lane, E13
Call 07508 070 638

Docklands Karate Club
Mon, 6 20-8 20pm Under 15s £4 16+ £6 concs £5, first session free
UEL Sports Dock Docklands Campus E16
Call 07766 685 869

Tang Soo Do
Sat, 1-2 30pm and Tues 7 30-8 30pm (arrive at least 15 minutes

before start) The Hub 123 Star Lane, E16 Korean Martial Arts for 5+yrs to adult £5 per session – family discount available Call 07725 948 426 or email ace_rosillo@hotmail com

Hop, Skip and Punch (18+yrs)
Tues, 5-6pm Katherine Road Community Centre, 254 Katherine Road E7 Call 020 8548 9825

Gurumu Taekwondo
Mon and Wed, children 6 7 30pm juniors and adults 7 30-9 30pm Monega Primary School, Hailey Road, E12 Call 07931 709 140

JFI Karate
For children and teens (5+yrs) Mon 5 6 30pm, Wed, 5 6 30pm, The Hartley Centre 267 Barking Road Call 07818 000 643

Kickboxing
Mon, Wed and Fri 6 30-8 30pm Trad TKO Boxing Gym, Stephenson Street, E16 Call 07944 873 927 or email eastlondonkickboxing @gmail com

HEALTH AND FITNESS

Bootcamps
Boxercise Bootcamp parent and child (7-12yrs) session Tues 6 7pm, child is free
Indoor/outdoor
Britannia Village Hall 65 Evelyn Road E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7 15 8am, Tues and Thurs, 7pm
East Ham Central Park, High Street South E6
Teens only Boot Camp (13+yrs)
Weds, 5 30 6 30pm Thames Barrier Park, Barrier Point, E16 Email info@5starphysique co uk or call 07904 625 402

Family Fit Club
Sat, 11am 12noon, West Ham United Community Training Facility, 60a Albatross Close, E6 Call 020 7473 7724

Bootcamp (men only)
Thursdays, 7 30 9pm, £5 Langdon School Sports Centre, Sussex Road, E10 Call 07818 000 643

Zumba classes
Thurs, 7 30 8 30pm, St Nicholas Church Hall Gladding Road E12, £5 per class Call 07720 805 505

Yoga Classes
Tues, 6 10-7 10pm and Fri, 10 30-11 30am £5 50 (£3 50 concs) The Hub 123 Star Lane, E16
Weds, 6 45-7 45pm The Unitarian Church, West Ham Lane E15
Call 07956 808 007 or visit www yocoma co uk

Gate 7 Yoga
Hatha yoga drop in classes Tues 7pm £5 Forest Gate Methodist Church Woodgrange Road E7
Weds, 7pm, £7, Timber Lodge Queen Elizabeth Olympic Park, E20
Thurs 5pm £5 Play Sow and Grow 6 Gay Road E15 Call 07950 944 095 or email gate7yoga@gmail com

Twisted Pink Street Dance
Fri, 6-7pm, 7-21yrs, £3
Fri, 7 15-8 15pm Zumba classes £5 including childcare St Luke's Church, 89 Tarling Road E16
Call 07534 513 307, visit www twistedpink org uk or email twistedpink26@aol com

Zumba
Mon and Thurs 6 30 7 30pm £5 Plaistow Community Centre 63 Queens Road West E13 Call 07916 327 541

Zumba with Annabel (17+yrs)
Mon, 7 8pm, £5 per session, Vicarage Lane Community Centre Govier Close, E15
Weds, 7 30-8 30pm Beckton Community Centre, East Ham Manor Way E6 Call 07500 898 665

TENNIS

Sat, Under 8yrs 12noon 1 30pm, Adults 16+ 12–3pm, free Tennis courts, Canning Town Recreation Ground, Prince Regent Lane, E16
Call 07968 898 709 lovetennisacademy@gmail com
Thurs 8 16yrs 5 6pm Adults 16+yrs 6–7pm free Tennis courts Central Park High Street South E6
Call 020 3373 9000

50+ ACTIVITIES

Newham Striders
Free sociable walking group, seven days a week
Call 0844 414 2728

Bowls club
For 16+yrs U16yrs welcome with an adult.
Sun-Fri 12 30-3pm, West Ham Lawn Bowling Club Stratford Park West Ham Lane E15 call 020 7503 4316
Weds 2-5pm Plashet Park Bowling Club, Plashet Park, Plashet Grove E6, call 020 8471 3821
Weds 3 5pm Central Park Bowling Club Central Park, High Street South E6, call 020 3373 9000
Thurs, 2 30-5 30pm, Phoenix Bowling Club, Royal Victoria Gardens, Albert Road, E16 call 020 7511 6812.

Qi Gong
Thurs 8pm for adults £5 per session Docklands Community Boat near ExCeL Meet at the gates to Millennium Mill Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven com

Beginners' Ballroom
Mon, 10am 12noon St Paul's Church Centre Burges Road, E6 £2 50 per session Call 07761 209 463

Gemini Square Dance Club
Mon, 8-10 30pm Chandos Community Centre Colegrave Road E15 Ideal for 50+yrs £4 per session including tea and biscuits Call 020 8529 1602 or email mbro22@hotmail com

Nordic Walking
Fri, 6 30 8pm Free Starting point Balaam Leisure Centre Balaam St E13
Sun, 10-11 30am, free Starting point is East Ham Leisure Centre, Barking Rd, E6

GREEN

Garden Club
Tuesday 1 3pm Thurs 4 7pm Sat 10am 4pm, free Abbey Gardens Bakers Row, Stratford E15

Gardening Thymes
Gardening Club
Fri 11am 1pm, free Bowling Green, Central Park, High Street South E6

DOORSTEP CLUBS

Gym & Basketball Doorstep Sports Club (14+yrs)
Tues 6 10pm, £1 50 Rokeby School Canning Town E16

Athletics & Multi Sport Doorstep Sports Club (14+yrs)
Tues, 5 30-6 30pm, free
Newham Leisure Centre

Kicks into Athletics (5+yrs)
Football and athletics sessions
Sat 5-8 years 9am 8 12 years 10am 12 16 years 11am £1

Stunt & Tumble (14+yrs)
Thurs, 7.30–9pm £5
Talent Cheer & Dance
Gallions Reach

FEMALE SPORTS

Dare2Dance
Street dance classes for girls, 12-16yrs Fri 3.30-5 30pm
Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Girls Spinning Sessions
Mon and Weds 4 4 30pm
11-16yrs Newham Leisure Centre, Prince Regent Lane
E13 Call 020 7511 4477

Female Only Gym Sessions
Tues and Thurs, 3 30 5pm
11-16yrs. Weds, 1 30 3pm, 16-25yrs. Newham Leisure Centre Prince Regent Lane E13
Call 020 3373 9000

Female Boxfit Classes (16+yrs)
Mons 4 15 5 15pm, Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
Tues, 3 30 5 30pm, 11 16yrs, Newham Leisure Centre
Prince Regent Lane, E13

Fsmals Multi-Sports
Fri 4 15 5 15pm, cardio tennis handball rounders football and more Little Ilford Youth Zone
Rectory Road E12
Call 020 8556 5973 or email Farrakh Khan@locsp org

Shsila's Yummy Mummy buggy (16+yrs)
£5 per session
Mon 10-11 30am
Central Park, High St South, E6 (meet outside cafe in the park)
Fri, 10-11 30am Plashet Park, Plashet Grove, E6
Call 07908 614 958 or email spoleon@aol com

Janice's Fitnsss (16+yrs)
Tues, 9 30 10 30am
Thurs 9 30 10 30am
Soca and Zumba fitness sessions £5 per session
St George and St Ethelbert Church Hall Burford Road, E6
Email info@jfikarate co uk or call 07818 000 643

Zumba, Soca and Salsa Fusion
Mon, 6 45 7 45pm, £5
The Hartley Centre
267 Barking Road E6
Call 07818 000 643

Asrebics
Thurs 7 8pm, £5
Langdon School Sports Centre Sussex Road E6

Sonia's Circuits (16+yrs)
Tues and Fri, 10-11am £4,
Ridley Christian Centre,
94 Upton Lane, E7
Call 07763 230 106

Body Blast (16+yrs)
Mon 7-8pm Weds, 12 30-1 30pm and Thurs, 6-7pm
£5 per session Talent Central, Unit 27a 3 Armada Way
Gallions Reach Shopping Park, E6 Call 07866 612 610

Abs Blast
Thurs, 5 30-6 15pm, 11 16yrs, £3 Newham Leisure Centre, Prince Regent Lane, E13

Women United AFC (11+yrs)
Mon (term time only), 6 7 15pm
Kingsford School, E6, £1 per session Call 07792 932 979

Just Play (16+yrs)
Wed, 6 30 8pm, multi sport session (term time only)
Newham Sixth Form College, Prince Regent Lane, E13
Call 020 3373 9000

Gst Back into Nstball
Tues 6 7 30pm, juniors 7 30 9pm, seniors £2 per session
Lister Community School, St Mary's Road E13
Call 07717 281 529

Womsn's Badminton
Fri, 1-2 30pm £2 Coaching racquets and shuttles provided by the Women's Badminton Academy Call 07930 162505

Kssp Fit – Stay Fit
Sat, 10 11am, £2 (until end of Sept then £3 50)
Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07795 064 116

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

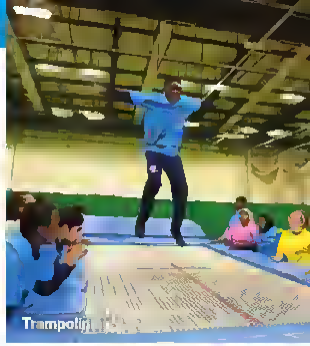
Family Swims for Disabled Children and Adults
Sat 4 30-5 30pm Newham Otters Swimming Club, Newham Leisure Centre, E13 For more details call 07931 788 739
Sun, 12 30 2pm Family Swim, Balaam Leisure Centre E13, £5 Call 020 7476 5274

Swim for Familiss dsaling with Autism
Wed 4 5pm Balaam Leisure Centre, E13 Call 020 7476 5274

Gst fit for fres
Tues, 1 30-3 30pm and Fri, 10am-12noon Free gym use for people with learning disabilities Newham Leisure Centre To book an induction call 020 7511 4477

B1 Football Club
Third Sun of every month, 10am 12noon East Ham Leisure Centre E6

Disabisd Athistics
Tues 4 15 6 15pm, 11 18yrs Brampton Manor Roman Road, E6
Thurs, 4 30-5 55pm,
St Angela s Ursuline School, 1 St George's Road, E7



Email cnournce@englandathletics org

Ability Club
Multisports for disabled young people (11-25yrs)
Weds, 4-5pm, Newham Sixth Form College, Prince Regent Lane, E13

Trampolining Ssssions
Fri 5 7pm and Sat 12noon 2pm, U19yrs Newham Leisure Centre E13 Call 020 7511 4477

Mixsd Swimming Ssssions for Adults and Childrsn
Wed, 10am-12noon, East Ham Leisure Centre, E6 £1 15 per session Call 020 8548 5850

Whssichair Basketball
Wed 4 5pm, 11 19,
Rokeby School, Barking Road E16 Call 07947 401 616

Ssnsory Play
For children under five with special needs, speech and language delay or physical disabilities Term time only Fri 10 11 30am, Oliver Thomas Children s Centre, Mathews Avenue, E6. Email kathy holdsworth@oliverthomas newham sch uk or call 020 8821 0997

RUNNING

East End Road Runners
Tues and Thurs 7pm
Sun, 9am, meet on the track, coached sessions for all abilities
Newham Leisure Centre
Prince Regent Lane E13
Call 07979 261 647

Run England sessions
All sessions are £2 unless indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon 4.5.30pm Newham Leisure Centre E13 (meet on the track)
5.45-6.45pm Newham Dockside E16 (meet at reception)
Tues 6.7pm Newham Leisure Centre, E13 (meet on the track)
Weds 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free 5.15-6.15pm UEL Docklands Campus E16 (meet at reception)
Sat, 10-11.30am East Ham Central Park, E6 (meet at the cafe)
10-11.30am Wanstead Flats E12 (meet at Harrow Road Changing Pavilion)
10-11.30am Memorial Park, E15 £4 (meet at car park)
Call 07718 394 874

Beckton Park Run
Sat, 9am free
Beckton Park South E16
Call 07718 394 756
www.parkrun.org/beckton

SPORTS

London Youth Games
Mon, 4.30-6pm U14yrs, Newham Leisure Centre, Prince Regent Lane E13

BMX
Sun, 10am-12noon, 6-16yrs, £3/£2 members/£10 annual membership
Gooseley Playing Fields, St Albans Avenue, E6
Call 07961 333 615 or email paul.farthing@activenewham.org.uk

Rounders (16+yrs)
Weds 6.30-8pm
Newham Leisure Centre E13
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Cricket (6-16 yrs)
Weds, 5-7pm
West Ham Park, E7, email paul.farthing@activenewham.org.uk

Swimming
Newham Young Britons ASC
Sat, 6.15-7pm Learn to swim and improve your strokes
Children's session £2
5-16yrs, Newham Leisure Centre, Prince Regent Lane E13 Call 07956 304 518

Woodside Badminton Club
Fri, 8-9.30pm, intermediate and club standard players welcome, £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Road E15 Call 07958 761 676 / 07956 150 240

Newham Swords (aged 4-7yrs)
Tues 6.20-9pm
Thurs, 6.20-8.20pm
Fri, 7.40-10.20pm
UEL SportsDock, Docklands Campus E16
Call 07956 618 898

Table Tennis
Thurs 6.30-9pm For beginner and intermediate adults
Stratford School, Upton Lane E15 (Doris Road entrance)
For more info call 07976 577 716 or email ginny.harris10@btinternet.com

Badminton
Thurs, 7-9pm (term time only)
For all standards. £5 for a court and bring a racquet
Little Ilford School, Browning Road, E12 Email morgan_phil@hotmail.com or call 07944 117 263

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Mon 16 Sept
7pm, Local Development Committee Council Chamber Old Town Hall, Stratford, E15

Tues 17 Sept
3pm, Newham Partnership - Employment and Enterprise Conference Room, Old Town Hall, Stratford, E15
7pm, Crime and Disorder Scrutiny Commission Committee Room 2
7pm, Strategic Development Committee Council Chamber Old Town Stratford, E15

Weds 16 Sept
7pm, Health and Wellbeing Board, Room WG.06 Ground Floor, West Wing Newham Dockside 1000 Dockside Road London, E16

Thurs 19 Sept
10am, Licensing Sub-committee, Large Committee Room, Old Town Hall, Stratford, E15

Tues 24 Sept
10am, Licensing Sub-committee Large Committee Room, Old Town Hall Stratford E15

Thurs 26 Sept
5pm, Cabinet Council Chamber
5.05pm, Mayoral Proceedings, Council Chamber
7pm, Audit Board, Committee Room 2
7pm, Overview and Scrutiny Committee, Committee Room 1
7pm, Newham Community and Police Forum, Lister Room
7pm, Investment and Accounts Committee, Committee Room 2

Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

Walk-in surgeries
Tues 17 Sept
4.30pm Registration Newham Town Hall

Telephone surgery
Wed 25 Sept
Call **020 3373 8444** between **9.30am** and **10.30am** and register your query and contact details. The Mayor will then ring you back at a later time

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way E6
Canning Town
Barking Road, E16
Custom House
Prince Regent Lane, E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate 6-8 Woodgrange Road Forest Gate E7
Manor Park
685-691 Romford Road, E12
North Woolwich
5 Pier Parade E16
Plaistow North Street, E13
Stratford 3 The Grove E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6881 email: archiveslocalstudies@newham.gov.uk
Community Outreach Services To find out more call 020 3373 0813

All listings may be subject to change, please contact individual events and activities before attending.

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Designed by KEITH KHAN
Lighting by NIRAJ CHAG
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Royal Victoria Dock, E16

Saturday 21 September
12noon-8pm

FREE family fun by the docks including:

- ★ **Live Music Stage**
- ★ **Free pleasure boat rides and water-based activities**
- ★ **Full programme of children's activities and entertainment**
- ★ **Spectacular fireworks display over the water at 7.45pm**

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Mayor of Newham